

DBSA Resources

www.DBSAlliance.org

*Connect with a DBSA Chapter:

www.DBSAlliance.org/FindSupport

Contact information for every DBSA support group by area.

*Start your own DBSA Chapter:

www.DBSAlliance.org/StartSupport

Basic information on how to start a support group with your Vet to Vet peers.

*Learn about mood disorders:

www.DBSAlliance.org/brochures

Resources you may download or print. Our brochures cover many topics and questions about mood disorders.

*Find new tools and strategies for your wellness path:

www.FacingUs.org

The Facing Us Clubhouse is home to a wealth of customizable wellness tools, including the DBSA Wellness Tracker.

If you have any questions about DBSA or starting a group, please contact Mary Mischka directly at mmischka@DBSAlliance.org or (800) 826-3632 x 154.